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President's Message

By Linda Chapman, PNA President

Happy summer!

I hope everyone can take advantage of the warm weather and swim outside if possible. Be safe and enjoy the sun on your back!



July 1 marks the beginning of planning for January–June meets of the following year. If your group is interested in hosting a meet, please contact Pool Meets Sanction Chair Lorraine Masse (sanctions@SwimPNA.org).

The two PNA Board openings I wrote about last issue (Coaches Chair, probably better described as Coach Support and Education Coordinator, and one At Large Director) are still open. Please reach out if you are interested.

Thank you to all PNA Board members and other volunteers for the work you do for PNA!

PNA Calendar

- 5/15 to 9/15—[5K/10K ePostal championship](#)
- 7/16—[Fat Salmon](#) (Seattle, WA)
- 7/21 to 7/28—[Pan American Masters Championships](#) (Medellin, Colombia)
- 7/24—[WA Senior Games Meet](#) (Olympia, WA)
- 8/3 to 8/7—[Summer Nationals](#) (Richmond, VA)
- 9/17—[Last Splash of Summer](#) (Seatac, WA)
- 9/25—Call of the Vikings (Lake Stevens, WA)
- 10/09—BAMFest (Bainbridge Island, WA)
- 11/6—Snohomish Invitational (Snohomish, WA)
- 11/9 to 11/12—[Pan Pacific Masters Games](#) (Queensland, Australia)

[Search USMS
Calendar of Events](#)

National Senior Games

The 2022 National Senior Games were held May 10-23 in Fort Lauderdale, FL. The biennial event is traditionally held in odd-numbered years, but due to the pandemic, the original 2021 dates were postponed to 2022.

The event featured 12,065 athletes competing in 21 sports. To participate in the National Senior Games, competitors must be at least 50 years of age and have previously qualified at a NSGA-sanctioned state senior games event. For swimming, competitors must have either finished in the top-four of their event or met NSGA minimum performance times at a state Senior Games.

The National Senior Games swimming competition took place May 12-16 at [Plantation Aquatic Complex](#). Carl Haynie (60-64 age group) won four of his events (100 back, 200 back, 100 IM, and 200 IM) and took third in the 50 back. Other PNA members competing included Candace Jacobs, Steve Schwartz, Dan Underbrink, Mary Underbrink, and Frank Warner.

Haynie (60-64): 100 Back (1st), 200 Back (1st), 100 IM (1st), 50 Back (3rd), 200 IM (1st), Medley & Free Relays (4th, 4th)

Jacobs (70-74): 100 IM (5th), 50 Free (2nd), 50 Back (2nd), 100 Free (3rd), 50 Fly (3rd)

Schwartz (55-59): 50 Br (7th), 100 Back (5th), 100 IM (2nd), 50 Free (6th), 50 Back (4th)

Underbrink, D (65-69): 100 Back (5th), 400 IM (4th), 100 Br (10th), 200 Back (5th), 200 Br (4th), 500 Free (7th), Medley & Free Relays (4th, 4th)

Underbrink, M (60-64): 200 Free (-13.97 improvement), 50 Free (-2.62 improvement), 100 Free (-8.94 improvement)

Warner (70-74): 100 Back (6th), 200 Back (3rd), 50 Back (9th)



Medley and free relays, including Carl Haynie and Dan Underbrink

Dan Underbrink 400 IM



National Senior Games (cont)



Candace Jacobs



Steve Schwartz



Carl Haynie 200 IM



Frank Warner



Mary Underbrink



Cannonball Classic

I Swam My First Age-Group (Long Course) Meet!

by Steve Peterson

The 2022 MET-SEAL LCM Cannonball Classic, hosted by the Metro Aquatics Boosters and the Vashon Seals Swim Team at the Weyerhaeuser King County Aquatic Center on June 11-12, was our first PNS-PNA “dual-sanctioned” long course meet. (The Inland Empire LSC and Inland Northwest LMSC have run their “Starlight Open” in Wenatchee for many years.) And it might well be the first age-group meet I’ve swum. I recall taking our Japanese exchange student with me to a Tacoma Swim Club workout at Titlow Pool in my mid-teens, but don’t remember any competitions other than at the local tennis club and then high school meets. Twenty-one years after graduation, I discovered Masters Swimming and have been participating since.



Assistant Coaches Katy Smith and Diana Hermanson of Tacoma’s Bernardo’s All-Stars team arranged for BERN to handle the Masters side of this “combined” meet. For Diana: a new learning experience with PNA Sanctions Chair Lorraine Masse’s help setting up Club Assistant to handle online entry processing; for Masters swimmers: a reminder to read the meet information thoroughly, as USA Swimming rules prevailed, check-in was required for all events over a 50, and limits included 3 events and one relay per day, not to mention swimming strictly by time alongside kids 8 to 18!

And for some (of us) procrastinators: another lesson in entering quickly as entries were halted a day early at PNS request because the “meet had filled up.” Of the 40+ Masters swimmers who signed up before the cutoff, 23 were on 7 PSM teams (BAMWA – 2, BERN – 7, CGSM – 1, LWM – 3, SAM – 1, SEMAC – 1, TWIM – 8), 4 with BWAQ, 6 unattached, and 8 came from Oregon. Bainbridge Island Swim Club (BISC), in comparison, brought some 60 of the nearly 600 kids entered (410 mornings, 172 afternoons).

As to those USA Swimming rules, I dodged my own self-inflicted bullet as Official Dick Chapman told me that those few frog kicks I took in my 100 Fly, otherwise permitted in Masters competition, would have disqualified me had they been noticed! And I watched with sympathy as one very young swimmer (such a precious little peanut!) was about to learn that lesson as she was DQ’d in her Fly for that infraction.

The primary reason I entered the 100 Fly, by the way, was to see what my “real” time would be. That is, in my 400 IM at Summer Nationals last October, my lead-off Fly was good enough to rank me 8th in FINA’s 2021 100 Fly World Top 10 in my new 75-79 age group! But between a mild COVID-19 infection ruining most of May (had to cancel going to the National Senior Games meet in Fort Lauderdale) and a calf cramp off the blocks, my time was a disappointing 3 seconds slower. At least I finished at 111th of the 119 who swam it – this meet featuring no awards, ribbons, or medals, as events and results were posted strictly by time. (Holy cow, there are some fast 13-14-year-old girls! But I did beat a couple 9-year-olds. And Oregon Masters’ Janet Gettling

(Continued on page 5)

Cannonball Classic (cont)

(Continued from page 4)

(74) by 0.07 second.)

Meets always have some glitches, but generally most swimmers don't notice. The only one I encountered was that my carefully considered long-course-meter entry times were curiously up-converted to ... long course! (And USA Swimming has some interesting rules – look up “LSY seeding”!) But Meet Referee Paul Sachs, who was *everywhere*, and his staff accommodated my request to fix three of the four errors.

I was inspired by BISC's Cait Herten (8 years old!), who was roundly cheered by everyone as she came in last in the 100 Free. (I finished 153rd of the 261, adding 4 seconds to my readjusted seed time.) TWIM's Steve Fogg posted a video of Cait's upbeat finish on Facebook. But I missed my opportunity to video Steve (74) in the 200 Fly, where he too was cheered by all as he came in #25 of 25. He was happy, though, taking 10 seconds off his estimated time for doing his first long course 200 Fly.

Relays were run by age-group and gender: 10-Under, 11-12, 13-14, 15-Up. Our BERN Men's 200m Medley Relay (age total 177) placed 4th, roughly 27 seconds behind Fife (60 years), Bainbridge (61), and Chinook (62), with Serrell Collins, Fran Leskovar, Eddie Cochell, and me. Eddie (26) was BERN's top performer – 2nd overall in the 50 Free (25.71!) and high finishes in the 100 Breast and 100 Free. The other six of us seemed happy with our results. BERN's LCM first-timers were Nick Alexander (33), Serrell Collins (51), Rachel King (29), Fran Leskovar (24), Julia Rodriguez-Paquette (24), and Amy Wolfe (52).

I was pleasantly surprised when Sting Ray Swim Team (Kirkland) coach Matt Wright turned to me, asking if I used to swim at the Bangor (Navy) pool. He'd somehow recognized me from over twenty years ago when he lifeguarded there in high school! After I asked his name, it took only a few seconds for us to figure out that his mom, who I often see at the Silverdale Y, had taught with my wife for CK Schools before both retired!

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Warmups

Cannonball Classic (cont)

(Continued from page 5)

Meet Directors Kimber Towle and Terra Bourse-Archaro along with many officials, timers, and volunteers did a great job running essentially two meets – one in the mornings and another in the afternoons on Saturday and Sunday. Masters swimmers were allowed only in the morning sessions. **You've never seen crowding until you've witnessed age-group warm-ups!** Age group teams apparently had their choice of which sessions to swim, possibly alternating morning one day and afternoon the other and vice versa. And Coach Diana got the best positive feedback, as she was asked if BERN would again coordinate the Masters entries for next year's Cannonball Classic!

Postscript: Seeding placed me between TWIM's Dan Underbrink (66) and a Metro girl (13) in my final individual event, the 200 Free. Dan swam the last of his allowed 2 relays and 6 events (!) to finish a couple seconds ahead of me. But to my astonishment, my 2:58.9 broke the PNA record owned by recently-passed legendary Olympian, BISC coach (2004-2009), and ASCA Hall of Fame Coach Bob Miller (1929-2021), set in 2006.

Read also Dave Scott's description of the meet at twimteam.wordpress.com.



Open Water Swim Instruction by an Expert

Do you want to improve your open water swimming? Whatever your skill level, working with Guila will enhance your efficiency, endurance, and enjoyment. Learn more and register.

Guila Muir: Certifications and Experience

An accomplished open water swimmer and adult educator, Guila has provided open water swim lessons to approximately 250 swimmers since 2017. She is certified by USMS and ASCA and holds a certificate in Aquatic Therapy & Rehab. Guila's lessons integrate swim research findings and FUN! Learn more about her qualifications.

Swimmer Spotlight

It's a Very Welcoming Community!

An Interview with Orca Swim Team's Jim Lasersohn, 37th Dawn Musselman Inspirational Swimmer Honoree
With Tom Walker of TWIM

Yes, we are indeed a very welcoming community, as our Guest Star has so truly opined!

We are called to this family, to this very community, to this superbly exhilarating experience known as Masters swimming, to this indissoluble bond of brotherhood and to this purpose that unites us all. We come from every part of this mighty land, we come from different ages, from diverse experiences, from a vast array of motivations, from a range of skills and accomplishments, from a panoply of dreams and aspirations, from the vision forever alive within, out of sight yet invincible.

But we come, because it is a call that reaches a deep and abiding place in our hearts. We come, because in swimming there resides joy of astonishing power. And it is not just that electric glow we feel after great workout, although that is most assuredly irresistible. It is not just the elation we feel after a great race, be in pool, ocean, sound, or lake.

It's the friendship, the camaraderie, and the very cool feeling of being with people who are as crazy as you are, and for whom the water is a very holy place.

As I look back now in my mind's eye over nearly forty years of Masters swimming, I am most struck by the incredible individuals I have had the honor to know since the very beginning: teammates, coaches, volunteers, from the smallest of workouts in dark a pool just before dawn to the grandest of programs, venues and events. They have all been so alive with this Spirit that seems to define us all and they are people who have inspired me and whom I hope to emulate.

Isn't that what this is all about, this Spirit that inspires and elevates us all? The trust we place in our teammates, the respect we have for each other and for this marvelous sport?

Ever notice how the people we end up remembering are those who contribute, those who step up and support, who **give life to a vision that lifts us all and do the work to make it happen? There will come a time when it's all down to you, when you will need to make a stand and take ownership of yourself and all around you. It's how we acquit ourselves with honor as human beings.**

Not only to do what is asked but to take responsibility for making it all happen, even if you are the last person on earth.

(Continued on page 8)



Swimmer Spotlight (cont)

(Continued from page 7)

If it's up to you to get it done, and it ultimately is, it gets done.

Jim Lasersohn, I believe, has made this kind of decision. He is a Leader. He is a Swimmer. He is an Inspiration. He represents what we stand for.

Yes, Jim, it is a very welcoming community, thanks precisely to people like you! You are an ambassador for our sport and exemplify the ideals to which we all aspire.

TW: How, when and where did your aquatic journey begin?

JL: **Following in my older siblings' footsteps, I started swimming in summer league at Mercer Island Beach at age six. I swam there through high school and served as the coach for several years too.**

TW: Who have been your mentors?

JL: I had many coaches in summer league who inspired me to do my best and have fun. My high school coaches Frank Ceteznik and Jo Ridley also were very encouraging and supportive. In my years of Masters swimming, I truly **appreciated the coaching styles/techniques of Robin O'Leary and Paul Ikeda.**

TW: What is it about swimming that brings you joy, of body, mind, and soul?

JL: **The floating sensation along with the muffling of outside world "noise" I think are some great aspects to the swimming experience.**

TW: How and when did you discover Masters swimming?

JL: I first heard about Masters swimming when I was coaching at the summer league. I remember Sue Dills (former PNA member) volunteered to share swimming technique tips with the kids. I was inspired to join Orca Swim Team after attending the 1994 Gay Games in New York and meeting friends who were swimming.

TW: What inspires you to swim today?



ORCA swim team logo

JL: Swimming is my preferred exercise for overall fitness so that most often gets me to the pool or lake. I often find that an upcoming pool or open water competition gets me in the water more. Knowing I will see friends brings an important social aspect to swimming as well.

TW: What do you see as some your proudest accomplishments related to Masters Swimming?

JL: I have had some of my best swims doing distance freestyle events in the pool and open water where I have time to think about technique and strategy.

(Continued on page 9)



Swimmer Spotlight (cont)

(Continued from page 8)

My age group always seems very competitive at the Gay Games / IGLA Champs, so when I can get a medal for top 3 **that's a nice surprise.**

TW: What made you decide to become a Leader and to make the contribution that you have?

JL: I stepped up when I saw there was need, such as keeping things going for Orca Swim Team many years ago or making sure a great event such as Fat Salmon continues to exist. As a contributor to the sport, I am most proud of my work helping pull off the IGLA 2013 Champs in Seattle as well as taking on the director role of Fat Salmon in recent years. Most people **don't know all the details involved in making events like these** happen. I was fortunate to have guidance from others on Orca Swim Team as well as PNA along the way. I view my effort as a thank you to all the others who put on other swimming events.

TW: What advice would you give to those who would like to try Masters swimming?

JL: Masters swimming supports swimmers with a broad level of experience and ability. It is a very welcoming community. When you are starting out you may find you need to take more rest breaks or keep your workouts shorter. For those accustomed to more structured swim programs, realize that everything is optional with Masters and it is all about doing your personal best and what works for you (no pressure!). Oh, and you can start from in the water in competitions!

TW: **What do you do when you're not doing this?**

JL: I am probably walking my dog! I also love getting out and doing things like hiking, biking, paddle boarding, and snowboarding. For work I am a management consultant with Point B where I help companies by leading special projects involving operational and/or technical changes.



*Follow PNA
online!*



At the end of June, the master plan update process for Bellevue's Airfield Park began with a site walk-about with local park neighbors. The City of Bellevue is leading the process to assess siting a new Bellevue Aquatic Center at the park. The first community meeting will be virtual and held in July (date was not available at the time of *The WetSet* publication) with the goal to review the [previous 2012 master plan](#) and confirm park priorities. A second community meeting will follow possibly in August, to be held in person to share potential park concepts and invite discussion and input on community preferences. If you live in Bellevue, we encourage attending these community meetings and voicing your support for an aquatic center at the site. Bellevue resident voices will have great impact. We are happy to provide talking points or more information. Watch our [SPLASHForward website](#) for the latest information. We are actively reaching out to local community leaders, swim clubs, and school district families to raise awareness. If you are interested in participating in this effort, please let us know (info@splashforward.org).



2012 Site Plan to be updated. Image
from 2012 Portico Group

Opportunities to introduce us to someone you know or a local business or organization that would benefit from learning more is most welcome. Interested in getting involved on a short-term committee or our board? Please don't hesitate to reach out.



Amazon has once again generously donated \$40,000 in June to support SPLASHForward's efforts. With this donation, Amazon will be named our [HS Lifeguard Training Program](#) title sponsor joining our first supporting sponsor *Proliance Orthopedic Associates*. **Amazon's** donation enables us to support students throughout the year and expand the program as we work to shore up extreme lifeguard shortages threatening summer beach closures and limited pool programming. We have far surpassed our 2022 goal with nearly 60 students registering. **Amazon's** funds will also be used to hire organizational growth and fundraising consultants.



South Whidbey Island's effort reported that they have received \$400,000 in State supplemental funding, Evergreen Pool may receive critical funding from the State by creating a lifeguard aquatic curriculum in the local school district, and our coalition helped the Friends of Lopez Island (FLIP) effort refine their design just in time to tune their budget and stay on schedule. Our coalition's mission is to share resources, expertise, and advice across the enhancement of existing and new public aquatic facility efforts in the Pacific Northwest.

THE WETSET

2022 PNA Open Water Series

Enjoy this year's season!

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COMPLETED: June 11 - The series starts with the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course, with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle.



<http://www.whidbeyadventureswim.org/>

July 16 - **The second event is the Fat Salmon Open Water Swim. It's a 3.2-mile** race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.



www.fatsalmonswim.com/

CANCELED: August 20 - Swim Defiance re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a single 3K race on a linear course swim from Vashon Island (after a 15-minute ferry ride) to Owen Beach with competitive and non-competitive divisions. **Bernardo's All Stars** are hosting the event.



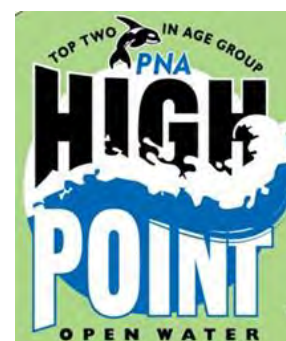
<http://www.swimdefiance.com>

These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$27. (The fee can be applied to a full USMS membership.)

Enter more than one event and compete for The Open Water Series High Point Awards!

We are tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events you swim, the more points you accumulate.

Points will be awarded to the top 10 PNA registered finishers in each event swum. One event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the [PNA website](#) for rules.



Whidbey Adventure Swim

The 2022 Whidbey Island Adventure Swim was held Saturday, June 11, at Seawall Park on Whidbey Island. The event featured 63 competitors swimming either a 1.2- or 2.4-mile course.

Tani Stenfjord (57 years old) was the top overall swimmer in the 1.2-mile swim, finishing in 42:42.7. Rounding out the top five females were Martha Layzer (58, 44:14.0), Becky Holloway (50, 44:49.5), Mary Lippold (66, 45:14.4), and Fiona Clauson (57, 45:28.4).

Wayne Methner (69) was the top male finisher and fourth overall at the 1.2-mile distance, finishing in 44:56.2. Other top five males were Sam Miller (60, 53:21.6), Andrew Steele (36, 56:18.5), Sergio Fifi (46, 1:04:16.2), and James Scharf (49, 1:13:59.7).



From the Whidbey Adventure Swim Facebook page

Robert Jung (43 years old) took first in the 2.4-mile swim, finishing in 54:25.7. Other top five males included Gary Adam Cox (45, 1:07:20.6), Peter Gillis (67, 1:07:32.7), **Gianluca D'Alessandro (53, 1:08:41.3)**, and Stephen Freeborn (67, 1:09:17.0).

Mary Singer (47) was the top female at the 2.4-mile distance, taking second overall in 1:07:15.5. Rounding out the top five females were Amanda Winans (39, 1:12:07.4), Wendy VanDeSompele (56, 1:13:24.7), Lauren Paulhamus (44, 1:17:04.3), and Julie Sayigh (47, 1:20:54.4).

Welcome New Swimmers!

Anderson, Graham	Elliott-Cysewski, Lou	Lamperti, Thomas	Plattner, Zoe	Singh, Isabelle
Appel, George	Escobar, Kayla	Larsen Rudek,	Putt, Carissa	Slobodyan, Olena
Bailey, Taylor	Euteneier, Mason	Cindy	Quinlan, Edward	Stevens, Phil
Bjorkelo, McKenna	Fritcher, Katie	LeVasseur, Porter	Quiroz Pina, Ramon	Stockhausen,
Borden, Patricia	Gallison, Jennifer	Lutton, Chris	Ramaiya, Kathleen	William
Camarillo, Searely	Garcia, Andrew	Mathisen, Roen	Ramsey, Bruce	Swift, Gabriella
Chan, Barry	Gish Hurtado,	McGuire, John	Retana, Ryan	Sypher, Katie
Conover, Mark	Shannon	Meier, Cindy	Reusch, Andrew	Taves, Sue
Contreras, Danielle	Green, Katie	Mihilmy, Omar	Ritscher, Amy	Tucker, Lillian
Cordingley, Dan	Hruska, Melissa	Minear, Kristina	Roeder, Caroline	Van Vuren, James
Crewe, Jackson	Jennings, Clair	Monasi-Mustelin,	Schlachter, Rebecca	
Crowley, Alexandra	Jennings, Lindsey	Sofia	Sentenn, Samantha	
Dang, Jennifer	Johnson, Briana	Mueller, Daniel	Shah, Parth	
Dietz, Olivia	Kissel, Rebekah	Peel, Dena	Simoni, Michelle	

Board Meeting Highlights

- Financials: Bank account balances as of 4/30/22: Checking \$26,518, Savings \$58,313. Net revenue Mar-Apr: (\$4,949). Lucianne issued swimmer support checks (\$5/swimmer/year) to PSM (1001 members), BWAQ (110), LSMC (7), ROCK (7), and MIBC (2). Lorraine will ask Hasty Awards to send Lucianne an invoice to resolve an inadvertent non-payment issue.
- Membership: 1,472 (685 men, 787 women).
- Meets: the board authorized recognition of the Washington State Senior Games meet, July 24. BAMFest may return in October. High KCAC facility rental fees limited Champs net revenue.
- Open Water: Whidbey Adventure Swim and Fat Salmon are a go; support issues suspended the Aly Fell Memorial and Swim Defiance this year. The board approved purchase of 3 buoys and rental of 3 buoys in the interim to support our sanctioned open water events.
- Club & Team Development: North Kitsap Masters has disbanded for lack of pool time in the recently renovated community facility.
- **USMS Nationals: PNA's bid to host remains under** consideration by the Championship Committee.
- Convention: the board approved Sally Dillon, Sarah Welch, **Walt Reid, and Linda Chapman as PNA's four allowed** delegates. Steve Peterson (Legislation), Kathy Casey (Rules), **and Jim Davidson (Long Distance) are "automatics" by virtue of** committee membership.
- At Large Director: the board removed one member who was unable to attend meetings as required; Kathy, Sally, and Linda will seek someone to fill this position through next March.
- Policies: Linda asks board members to collaborate on resolving discrepancies between our standing policies and current practice.

PNA Voting Board Members

President – Linda Chapman
 Past President – Sally Dillon
 Vice President – Kathy Casey
 Secretary – Steve Peterson
 Treasurer – Lucianne Pugh
 At-Large Director – Open
 At-Large Director – Dick Green
 Bylaws – Hugh Moore
 Meets – Lorraine Masse
 Membership – Stephanie Hiebert
 Open Water – Jim Davidson
 Appointed Director – Bob DeWard
 Appointed Director – Dan Underbrink
 Club Director – Kim Boggs
 Club Director – Doug Jelen
 Club & Team Development
 Coordinator – Sally Dillon

Coordinators/ Standing Committees

Awards – Kerry Ness
 Coaches – Open
 Fitness/Clinics – Wade Praeger
 Newsletter – Lucianne Pugh
 Officiating – David Baer
 Postal – Sally Dillon
 Records/Top Ten – Doug Jelen
 Social Media – Jake Ni
 Webmaster – Steve Peterson



Pacific Northwest Association of Masters Swimmers

A look back - from *The WetSet* May 2000

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The WetSet

Pacific Northwest Association of Masters Swimmers

May — June 2000

Northwest Zone Championship

Short Course Yards — Pullman, WA

March 26, 2000—Seven PNA members traveled to Pullman for a great weekend of swimming at the Northwest Zone Championship Meet, held at the Gibb Pool on the Washington State University campus.

Kelly Crandell, 19, was one of the youngest swimmers participating. Kelly is following the footsteps, or swimming wake, of her mother, Kathy Casey, and making blue ribbons a habit. In a close 100 IM, she squeaked by Kathy in the second half of the race, to win by .61 second.

One of the oldest swimmers was Marion Chadwick, 78, of Mercer Island. She placed first in her six events.



It's a PNA family affair: Walt Reid, Kathy Casey, and Kelly Crandell with Steve Peterson.



The 22th Annual

FAT SALMON OPEN WATER SWIM

SATURDAY, July 16th, 2022

Madison Park Beach, Seattle

A 3.2-mile point-to-point swim

Wetsuit and non-wetsuit divisions

www.fatsalmonswim.com

Proudly hosted by Orca Swim Team



The WetSet editor Lucianne Pugh would like to give a big “THANK YOU!” to PNA Board Member Steve Peterson for his extra assistance in putting together this issue of the newsletter while she is recovering from a broken right shoulder.